The Bullying STOPS Here!

Bullying stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe.
If you are bullied, say something! If you are bullying, it's not cool!

What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying

- **Direct Verbal Bullying**
  Name-calling Insults Threats
- **Direct Physical Bullying**
  Hitting Kicking Pushing/Shoving Tripping Stealing
- **Indirect Bullying**
  Spreading rumors Ignoring or excluding someone
- **Cyber Bullying**
  Using technology to: Harass, Threaten, Spread gossip, or Impersonate

Where to go for help if you or someone else is being bullied?

**Report any incidents to the Student Services Office or Campus Officer

You can also get help from a:
Teacher/Counselor
Friend
Coach
School Psychologist
School Nurse
Learning Director
Office Secretary
Principal